



FLUSHING C of E PRIMARY SCHOOL

*Nourishing to flourish in our world.*

NEWSLETTER



## Dates For Your Diary

**WB Monday 13<sup>th</sup> May**– End of Key Stage Two SATS Assessments.

**Monday 3<sup>rd</sup> June**– Dolphin Class Ys 5 & 6, Residential to Porthpean

**Tuesday 11<sup>th</sup> June**– Sports Day

**Wednesday 12<sup>th</sup> June** –Dolphins– Science Exhibition Trip.

**Thursday 13<sup>th</sup> June** –Reserve Sports Day

**Friday 19<sup>th</sup> July**–Prize Giving, 2pm at the Village Club

**Friday 19<sup>th</sup> July** –KS2 End of year school play, 6pm

**Monday 22<sup>nd</sup> July**– Year 6 Leaver's Assembly, 2pm



## Upcoming Building Works



Just to forewarn you, there are lots of school improvement works expected to start happening around school, very soon. After many months of negotiation, Mrs. Tucker and I have secured a series of long overdue backlog maintenance works with Cornwall Council, including: refurbishing the flooring in the classrooms, new external doors, new windows, the rewiring of the classrooms, office and communal spaces, complete refurbishment of the children's washrooms, new 'daylight' style lighting in all rooms and all classrooms to have the mould and peeling paint removed and classrooms to then be repainted.

The works are largely to be scheduled in the holiday periods, starting in the May Half Term for the flooring, to minimise disruption to the school day as far as possible. However, there is a chance that there may be some occasional overlaps. I will endeavour to keep you all informed should, this be the case, and your patience and continued support in this matter, is very much appreciated.

Apologies, in advance, for any possible increase in traffic around the school, as construction workers access the school site.

This is such exciting news for Flushing, and the children and staff will really feel the benefit, once it is all completed!

Mrs. Lamberton

Together for Families

## Early Help Parenting Newsletter – Summer 2024

Free information, support and guidance for parents and carers.

### Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116.

### Parenting Support Workshops

We offer interactive parenting programmes both online and face to face. For more information about our parenting support offer and to book onto a workshop please visit: [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

The programmes currently available are:

**Solihull: Understanding your Child** – Supporting parents/carers of children aged 1 to 3, 4 to 8, or 9 to 11 (10 x 2-hour sessions)

**Parents Plus Adolescent Programme** – Supporting parents/carers of teenagers aged 12-17 (9 x 2-hour sessions)

**Living with Parents** – a one day workshop for parents and their young person aged 12 to 17 years.

**Supporting Healthy Relationships** – (3 x 2-hour sessions)

- **Me, You and Baby Too** (for parents pre-birth – 12 months)
- **Arguing Better** (for parents of children aged 1 – 19)
- **Getting it Right for Children** (for separated/separating parents with children aged 0 – 19)

**Understanding your Child with Additional Needs** – a self-guided course accessed through Solihull: <https://inourplace.helappy.com/online-learning/course/36>. To access the course, please register for an account using the code TAMAR.

- If accessing from a **computer**, please [click here](#)
- If accessing from a **mobile/tablet**, please [click here](#)

Information Classification: PUBLIC



“Brilliant course! Helped myself and my children a lot. Would definitely recommend this to other parents.”

– Parent on Solihull Understanding your Child (March 2024)

### Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions (18.00-20.00) delivered by our parenting team to support on a wide range of topics. Please book on by visiting [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

Date	Bitesize Child (for parents/carers of children aged 4-11)
07.05.24	Bullying
21.05.24	Remaining calm
11.06.24	Praise and rewards
25.06.24	Special time with your child
09.07.24	Routines and boundaries
23.07.24	Technology and safety

Date	Bitesize Teen (for parents/carers of young people aged 12-19)
14.05.24	Teenage brain
04.06.24	Technology and safety
18.06.24	Sibling rivalry and conflict
02.07.24	Remaining calm
16.07.24	Mental wellbeing

### Help us shape our service!

We invite you to complete our new survey to help shape our parenting offer. This should take no longer than 5 minutes to complete. Please visit [www.kissuk.cornwall.gov.uk/parentingsurvey](http://www.kissuk.cornwall.gov.uk/parentingsurvey) to have your say. You can also sign up to our mailing list to stay informed through our newsletter and flyers, by clicking on 'Stay Informed – Subscribe' button on this page.

### Positive Parenting Top Tip!

Self-care

You cannot pour from an empty jug!

As you give love, affection, care and boundaries to your children to help them learn and regulate their emotions, you are pouring from your 'jug', so a key thread that runs through all of our programmes, is the importance of self-care.

Remember to top yourself up and do something for yourself several times a week. As long as your children are safe, it's ok to 'press the pause button' and have a cup of tea, talk to a friend, take time for a hobby or do some positive self-talk.

When things get challenging, take deep breaths and remember it's better to respond than to react. And remember your child need you at your best so look after yourself.

### Service Spotlight

#### Video Interaction Guidance (VIG)

VIG aims to: strengthen the bond between parents/carers and their children, develop attunement and sensitivity, and help parents/carers to become more reflective.

**How does it work?** The VIG practitioner takes short videos of the parent/carer together with their child doing an activity they both enjoy and then looks carefully at the video to select 3 short clips when the interaction was going well. The VIG practitioner takes this clip to show the parent/carer and this cycle is repeated between 3 and 7 times.

**How might it help?** It highlights and builds on the strengths people already have. Seeing yourself communicating well is very empowering and motivating and an understanding of communication can then be taken and applied to any interaction.

**How to request VIG:** Speak to your health visitor or allocated worker about a request for VIG through the Early Help Hub [www.cornwall.gov.uk/earlyhelphub](http://www.cornwall.gov.uk/earlyhelphub)

### New Booking Platform

Parents/carers or professionals can access the parenting offer by visiting [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting).

Parents/carers or professionals will be able to self-book onto workshops using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the Early Help Hub: <http://www.cornwall.gov.uk/earlyhelphub>.

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am – 5pm to support queries.



### Further Parenting Support

For further parenting support, including self-help and support from our partner organisations please visit [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

### Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)  
Call: 01872 324323

If you would like this information in another format please contact:

Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY  
Email: [equality@cornwall.gov.uk](mailto:equality@cornwall.gov.uk) Telephone: 0300 1234 100



Together for Families

[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

### Attendance

Starfish 98%

Seals 99.6%

Dolphins 92.3%

Congratulations Seals!

Year 2 won the Lunchtime award this week too!



### Praise Certificates

Starfish: Wilf and Coden

Seals Berryyn, Dougie and

Coralie

Dolphins: Ruben and Thea

Congratulations all of you!



Polite reminder, the car park at the front of school is not owned or 'policed' by school staff. Take care when moving around the school site and please ensure your children are safe, by keeping them well away from the cars and moving traffic at the beginning and end of the school day.

Thank you.

### Poem of the Week

#### Sea ANIMALS

What do you see in the sea?

Animals moving free!

Snails and whales

Using their tails.

Seals and eels

Searching for meals.

Catfish, flatfish

Chasing fat fish.

Bass and wrasse

Swimming in mass.

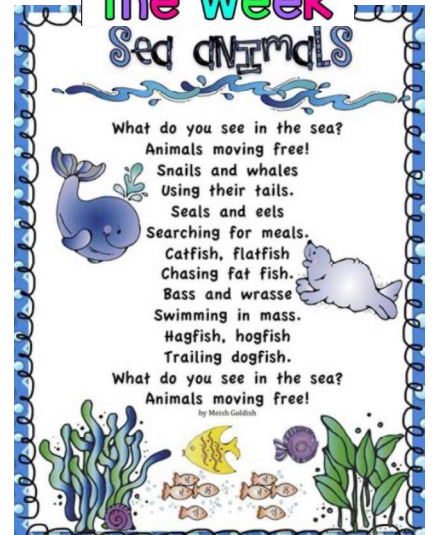
Hagfish, hogfish

Trailing dogfish.

What do you see in the sea?

Animals moving free!

by Mervyn Goldish



PK PORTHCURNO  
MUSEUM OF GLOBAL COMMUNICATIONS

## PLANET PK CHAMPIONS PLANET PK VS PLASTICS

SAT 20 APRIL | CLORE LEARNING SPACE | 10:30 - 12:00



Something fishy is going on with our single use plastics, so this month we'll be getting creative and giving plastic bags a second life! Come and transform your everyday carrier bags into charming fish windsocks and see them fly in the wind. Please bring a clean plastic bag from home to recycle into something new.

Planet PK Champions is our free, monthly, environmental club for families. Meet us in the Clore Learning Space. PK. Free parking in our car park for all attendees.

Visit [www.pkporthcurno.com/planetpk](http://www.pkporthcurno.com/planetpk) for further information about Planet PK Champions.



Our amazing Sailing Crew were off sailing down the Helford Passage, this week. What an experience for them! They had the best time, and the weather was perfect. Well done guys, a big thank you to Mrs. Eva for setting this up and of course, to our willing band of parent helpers, who made the first voyage run so smoothly!  
(Thank you also to Ms. Freeman, for these lovely pictures!)

